


May 2022

ZERO CAVITY CLUB

A newsletter by Dr.Snehal Hendriques

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 Zero cavity



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***TEETH LAST
FOREVER
AGE IS JUST
A NUMBER***

Why are teeth important in the elderly??



Quality of life and oral health

- Poor oral health affects an older person's ability to **chew and eat**. This causes poor dietary intake and weight loss.
- Discomfort from poor oral health disrupts sleep and the ability to relax. It also affects appearance, self-esteem and self-confidence as well as their ability to **talk and communicate** effectively.

General health and oral health

- Oral health is closely related to general health , so taking care of your oral health means taking care of your **over all health** as well.



How does aging affect your dental and oral health?

In the elderly the prime purpose of teeth is to chew and relish and percieve taste of food. so its very important to understand how aging affects oral and dental health.

- *Age related wearing of teeth, that can cause increase **sensitivity** in teeth.*
- *Weakening and recession (level of gums going down) leading to gum and bone problems and cavities especially **root cavities**.*
- ***Dry mouth** due to decreased saliva production increasing risk of cavity formation.*

Other factors that affect oral health due to aging..

- ✓ *Many elderly people have a lot of health issues like blood pressure and diabetes etc, and are also on a number of medications that can have its side effects on the oral health.*
- ✓ *Weakening of vision, hearing capacity, muscle weakness makes maintaining oral hygiene a task that can further affect oral health.*
- ✓ *Lastly oral health care neglect can make acquiring treatment at the right time difficult.*



TOOTH LOSS

The most common problem seen in the elderly, most common causes being

- Dental decay
- Loss of bone around teeth
- Dental neglect

which can inturn lower your quality of life as it affects overall health and nutrition.



So replacement of missing teeth is necessary, here below we give various treatment options for replacement of teeth.

1. Few missing teeth

✓ **IMPLANTS**

After thorough evaluation through scans and tests implants are considered your best bet if you want to replace missing teeth. Implants are nothing but artificial and fixed replacement of natural teeth.



✓ **BRIDGES**

In cases where dental implants are not advised, the drawback being that it requires grinding of adjacent teeth to place the missing teeth. It is also an artificial and fixed replacement of natural teeth.



✓ **PARTIAL DENTURES**

Economic but not as compatible as it is removable, requires maintenance but best when implants and bridges are not advisable.



2. All teeth missing

✓ **FULL MOUTH IMPLANTS**



After thorough evaluation through scans and tests implants are considered your best bet if you want to replace missing teeth. Compatible and easily acceptable. Low maintenance and requires care as that of natural teeth with freedom to eat.

✓ **COMPLETE DENTURES**



If implants are not advisable then dentures is your option, economical, has to be removed hence takes time to get adjusted to, requires maintenance and care and patient compliance.

THEY SAY IT, WE LOVE IT..



The care and concern with which Dr. Dhruiti Mehta attended to the dental issues - both during and post procedures- was an experience in itself.

Under her skilful hands one feels assured and relaxed as she looks for perfection in everything she does

My blessings and best wishes.

L.V KESHAV